

NUTRITION AND HEALTH

TIMES

Surgery For Obesity Leads To Sustained Weight Loss

SURGICAL treatment can result in sustained weight loss in morbidly obese patients unresponsive to conventional therapy, said Dr. K. Ramon Goel, Obesity Consultant, Bombay Hospital, and Assistant Professor of Surgery, J. J. Hospitals, Mumbai, at the 2nd National Bariatrics (Obesity) Conference held in Mumbai recently.

Following weight loss in surgically treated patients, there is a high cure rate for diabetes and sleep apnea, with improvements in other adverse consequences of obesity such as hypertension and osteoarthritis, he stated at a symposium on obesity management.

In seriously obese persons, with BMI above 40 kg/m², conservative measures such as dietary intervention rarely produces permanent weight loss. Studies have shown that two-thirds of the individuals undergoing nonsurgical therapy regain their lost weight within one year and the remainder within 5 years. For the morbidly obese, bariatric surgery has been increasingly accepted as a form of therapy in recent years.

Various operations have been devised for the treatment of obesity. Most of the surgical techniques involve reducing the size of the stomach to achieve early satiety, resulting in reduction of caloric intake. The laparoscopic adjustable gastric band surgery, for example, consists of wrapping a silicon band around the proximal part of the stomach, creating a small pouch with a narrow outlet. The band is connected via a tube to a port inserted under the skin. By manipulating the port, the surgeon can adjust the outlet diameter when required, without further surgery.

The minimally invasive procedure reduces hospital stay to 24-48 hours, with less post-operative pain and earlier return to work, Dr. Goel said. After 2 weeks on a liquid diet, allowing time for the band to settle, patients are encouraged to take small bolus feeds, with a high protein content to maintain the lean body mass. Because of the small intake, life-long vitamins and minerals supplements are required.

Within 1-2 years after laparoscopic adjustable gastric band surgery, persons lose up to 80% of excess weight, after which the weight stabilises.

Operations on obese patients are high risk. Despite this, obesity operations are associated with low morbidity and mortality, he added.

Persistent weight loss, achieved through surgery, has been shown to increase the

life span, cure diabetes in 90%, relieve sleep apnea in 90% and reduce deaths from obesity-related cancer. Therefore, in the morbidly obese, surgery is not a cosmetic but a life-saving procedure," Dr. Goel stressed.

appetite and feelings of satiety.

In clinical trials, carried out in general practice and in the hospital and outpatient setting, sibutramine caused weight loss ranging from 2 kg to 8 kg, which was maintained over a period of 12 - 24



Dr. B. K. Goyal, Dean, Bombay Hospital Institute of Medical Sciences, releasing the souvenir at the 2nd National Bariatric Conference and 1st Live Obesity Workshop organised by the All India Association for Advancing Research in Obesity (AARO) in Mumbai recently. Others (from L to R): Manohar Joshi, President, AARO; Dr. Ramon Goel, Convener, Dr. S. D. Bhondarkar, Guest of Honour, Dr. Rajesh Purohit, Co-convener, and Dr. V. A. Dhurandhar, President, AARO.

Pharmacotherapy

For most individuals with obesity, therapy for achieving successful long-term weight control consists of the traditional methods of diet, exercise, and behavioral modifications. In selected persons, the addition of pharmacotherapy may be beneficial, said Dr. Ramachandra Naik, Consultant Endocrinologist, Bombay Hospital, addressing the symposium on obesity management.

Currently, obesity drugs are reserved for 2 groups: 1) persons with a BMI >30, with no concomitant risk factors or diseases, in whom diet and exercise have failed to achieve the desired weight loss, and 2) patients with a BMI >27 with comorbid conditions including hypertension, dyslipidemia, coronary artery disease, type 2 diabetes and sleep apnea. In both cases, Dr. Naik stressed, drugs are used as an adjunct - and not as a substitute - for diet and physical activity.

Among anti-obesity drugs, orlistat (a lipase inhibitor) has been evaluated in several clinical trials, and shown to be effective in producing weight loss. However, it is associated with severe gastrointestinal side effects, which many patients find distressing.

A more recent introduction, sibutramine is a serotonin-noradrenaline (norepinephrine) reuptake inhibitor used in conjunction with a reduced caloric diet. The pharmacological mechanisms by which sibutramine exerts its weight loss effect are due to a combination of reduced

months, when given along with a hypocaloric diet. The most frequent dosage regimen in these trials was 10-20 mg daily.

Referring to the side effects of sibutramine, Dr. Naik said that increases in blood pressure and heart rate are possible adverse effects that require regular monitoring, especially in obese hypertensive patients. Neither left-sided cardiac valve disease nor primary pulmonary hypertension was associated with the use of the drug. Contraindications include organic causes of obesity, Cushing's syndrome, hypothyroidism, psychiatric illnesses, history of coronary artery disease, cerebral vascular disease, uncontrolled hypertension, and severe liver and renal disease.

Dietary Management

In view of the growing epidemic of obesity, especially in developing countries, nutrition education should be given priority as a preventive measure, suggested Dr. Meena Mehta, Senior Lecturer, B. M. Nazavati College of Home Science, Mumbai, in her presentation on dietary management of obesity.

As an example, she said that people could 'boost' energy 'make' from 'calories'.

(Continued on page 4)



Obesity can adversely affect the treatment outcome in cardiovascular disease

Studies suggest that obese people are twice as likely to suffer from stroke or hypertension than those who are average in weight.¹ Losing 5 to 10% of body weight can improve health significantly.²

- OPTIFAST™ Slim is a highly nutritious formula that helps control appetite, and therefore weight, without compromising on nutritional requirements
- OPTIFAST™ Slim is a unique blend of high quality proteins, vitamins, minerals and rich in fibre
- OPTIFAST™ Slim is 99% fat free and free of any drug related side-effects



OPTIFAST™
Slim

For free home delivery contact the OPTIFAST™ Slim helpline: Mumbai: 90268222, South Delhi: 90794666, West Delhi: 90722138, Jaipur: 0141-228414, Amritsar: 0182-270295, Jammu: 0191-228134, Patna: 91448234, Coimbatore: 94777954, Kolkata: 90733696, Chennai: 94400450, Bangalore: 95440913, Hyderabad: 94400229, Mysore: 9884475345, Chandigarh: 9074027388, Lucknow: 91400532, Guwahati: 90002275

Ref: 1. Rosal M, May Weston. Obesity impact on cardiovascular disease. 2. NHS, Obesity Education Trust

NOVARTIS